KSS680-1201

なお、この説明書はお手元に保管し、必要 に応じてご覧ください。

セイコーウオッチ株式会社

弊社製品についての修理その他のご相談は、「お買い上げ店」で

〒100,0005東古郷千代田区カの内 3,1,1 国際ビル

うけたまわっております。なお、ご不明の点は下記へお問い合せ

F 550-0013大阪市西区新町 1-4-24 大阪四ッ橋新町ビルディング

セイコーウオッチ株式会社

本 社 〒105-8467 東京都港区虎ノ門2-8-10

http://www.seiko-watch.co.jp/

de de color de color

00 **88 88** 00 for from the state of the state SOLAR MINISTER

LAPPROBLET Button A 全国共通フリーダイヤル 0120-612-911

Button E

Sleep With each pressing of Button A, the display changes in the following order MEMORY TIME /
CALENDAR display

STOPWATCH display

MEMORY RECALL display

TIMER display

ALARM display

WORLD TIME display

Button

Button D

Solar panel

BUTTONS AND CHANGE OF DISPLAY

If the confirmation sound for button operations is set, the watch emits a brief sound when a button is pressed. When the display is changed to the Time/Calendar display from World time display, the watch emits a sound different from other button operations. (Refer to "HOW TO SET THE TIME" | *If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. | *If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. | *If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. | *If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed. | *If the city name is set to GMT (GREENWICH), on ("on") / off ("--") mark of DST is not displayed.

(1) Buttons and operations Press Button A to show the TIME/CALENDAR display. ※If the stopwatch mark "≯" is flashifng in th display other than the stopwatch display, the stopwatch is in use.

※If the timer mark "(¹)" is flashing in the display.

other than the timer display, the timer is in

Battery level

PS Power save

Button B Button C 10:08 [§]9 Button A THU Button E

■ HOW TO SET THE TIME AND CALENDAR

Button A (long press) : Change to TIME/ SETTING display Button B: Selection of city name, adjusting items Button (How to set the time and calendar ①Long press Button A to show the TIME/ | Button D: Turning on the built-in illuminating CALENDAR SETTING display. The city

or digits (moving back or decreasing) : Engagement/disengagement of hourly time signal and confirmation sound for button operations, adjusting items or digits (advancing or increasing) Button E: Selection of the item or digits to be adjusted

Button A: Change to TIME/CALENDAR display

name currently set starts flashing. 2) Press Button E to select the item to be *Once the year, month and date have been set, the day of the week is automatically set

digit is decreased or the city name moves back one by one). (Except "second," "12H/24H," and "DST" ⑤After all adjustments are completed, press Button A to return to the TIME/CALENDAR display

TIME/CALENDAR display in two to three minutes. **Because the year, month, date, and day from 2012 to 2060 have been programmed in the automatic calendar, in this period, it is not necessary to manually adjust odd and even months including February of leap years.
**If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.

If all indicators of the display light while in the TIME/CALENDAR SETTING display, it is not a malfunction. This happens

NECALL

機能表示

00 05 43≥

**RECALL

≈RECALL

if buttons C and D are pressed at the same time. In such a case press any ope of buttons A. B. C. D. or E to return to

With each pressing of Button E, the display changes in the following order.

second → minute → hour → date → month → year → 12H/24H

 $\ensuremath{\Im}$ To reset the seconds to "00," press Button $\ensuremath{\Xi}$ to select the second digits (flashing), and then press

♠After selecting the item to be adjusted, press Button C or B to set the digits. With each pressing of Button.

, one digit is increased or the city name advances one by one. (With each pressing of Button B, one

B or Button C is pressed while the second digits count any number between "30" and "59," one

D.S.T(summer time) (City name) Power save setting

Button B or Button C in accordance with a time signal.

ite is added and the second digits are immediately reset to "C

If the watch is left untouched with the digits flashing, the display will automatically return to the 4) After the adjustment is completed, press Button A to return to the TIME/CALENDAR display. If the watch is left untouched

(3) How to adjust the contrast level

②Press Button E to select "contrast.

 $-2 \leftrightarrow -1 \leftrightarrow 0 \leftrightarrow 1 \leftrightarrow 2$

Contrast ----

built-in IC is reset, the contrast is reset to the default level "0."

(1)Long press Button A to show the TIME/CALENDAR SETTING

Press Button A to show the TIME/CALENDAR display.

display. The city name currently set starts flashing.

③Press Button B or Button C to adjust the contrast level.

the TIME/CALENDAR display in two to three minutes.

(4) How to adjust the POWER SAVE setting

CALENDAR display in two to three minutes.

• The contrast level of the display (variations of light and shade) • Press Button A to show the TIME/CALENDAR display can be adjusted. When the digital display is initialized or the ①Long press Button A to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing. ②Press Button E to show the POWER SAVE SETTING display.

OFF ↔ 30 minutes ↔ 1hour ↔ 2 hours ↔ 4 hours ③Press Button B or Button C to select the OFF or set time *The POWER SAVE function turns off the display to save consumption power while no button operation is performed for the predetermined time under the

condition without the light. To recover the display, expose the solar panel to 4) After the adjustment is completed, press Button A to return to the TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/ ∞P-SAUE

∞P-SAVE

(5) How to test the alarm sound and how to engage/disengage the hourly time signal and confirmation sound for button operations · With each pressing of Button C in the TIME/CALENDAR display, the hourly time signal and confirmation sound for button operations can be engaged or Hourly time signal sounds. Hourly time signal does not sound

Button C

Button [

The way of using the alarm is the same for every alarm

Long press Button A to show the ALARM SETTING display.

②With each press of Button E, hour digits and minute digits

flash alternately. Select the digits to be adjusted (flashing).

3With each pressing of Button C, one digit is increased.

4After all adjustments are completed, press Button A to

(With each press of Button B, one digit is decreased.)

Ex.) Selecting alarm 1 and setting the alarm time to "6:30 a.m.

· The alarm sound can be with the digits flashing, the display will automatically return to heard by pressing and holding the TIME (CALENDAR display in two to three minutes). -Hourly time signal Button C and Button D at the ■ THU

(1) Buttons and operations

(2) How to use the alarm

Button

HOW TO USE THE ALARM

Press Button A to show the ALARM display.

A 10:08 59

■ ALARM

12:00 eg

①Press Button E to show "ALARM 1."

The hour digits start flashing.

mark appears.

FEATURES

し上げます。

This runner's watch is driven by solar energy. This watch can store time data measured by the equipped stopwatch of up to 300 units of memory and can recall data on demand. Data within 300 units of memory can be sorted by channel when being stored. Results measured by the stopwatch can be recalled and displayed by using the memory recall function. The best lap time and average lap time can also be displayed. In addition, this multifunctional digital watch is equipped with a 3-channel alarm function, timer function, and world time function which

GMT) throughout the world. [About solar watch]

After being fully charged, the watch will keep running for approximately 6 months when it is used under the following conditions, even if it is left uncharged (If the stopwatch is used for one hour, the built-in illuminating light is turned on once. the alarm sounds once, or the Power Save function is activated for 6 hours per day.).

TIME/CALENDAR · Year, month, date, day, hour, minute, · The three-channel daily alarm sounds

second, and summer time mark can be displayed. Either of a 12-hour indication or 24-hour indication of time display can be selected. (Last 2 digits of year will be displayed.) The calendar automatically adjusts for WORLD TIME

odd and even months including February of leap years from January 1, 2012 to December 31, 2060 (Automatic calendar).

STOPWATCH

1/100 second increments. Up to 300 units of memory can be used for storing measured lap time and splir

time data • Measured time data within 300 units of 1/100 second increments. memory can be sorted by channel when being stored. The positions of LAP time and SPLIT time in the display can be changed over.

お客様相談室

MEMORY RECALL The stored data (lap number, lap time. and split time) can be recalled on demand after measurement.

· The recalled total time, best lap time and average lap time can be displayed. can display the time of 44 cities (including TIMER

· The watch is equipped with a double

repeat timer function which allows you o set two different timer times. The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59 seconds in one-second increments. The number of times that the timers repeat their cycles can be set from

to 100 times. The number of times the countdown has been completed is displayed.

at a designated time (hour and minute)

every 24 hours.

· The time of 44 cities (including GMT) throughout the world can be displayed. · The summer time (DST) can be set for each city (except GMT).

from the GMT and - indicates time lag from the GMT.)

Los Angels

Rio de Janeiro

2. Loss/gain (monthly rate)...Less than 20 seconds (when the watch is worn on your wrist reset the Built-in IC. Then the watch will resume its normal operation.

· Each alarm channel can be engaged

("on") or disengaged ("--") independently.

ILLUMINATING LIGHT

The stopwatch can measure up to 99 The built-in light illuminates any digital $5 \mid \text{Start} \rightarrow \text{Lap} \rightarrow \text{Stop} \rightarrow \text{Reset}$ hours 59 minutes 59 seconds 99 in display for approximately 2 seconds by pressing the button for turning on the light.

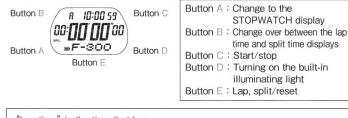
■HOW TO USE THE STOPWATCH

· The lap time and split time can be displayed at the same time. The best lap time and average lap time can be stored in memory. The measured and stored lap time, split time, best lap time, and average lap

time data can be recalled in the memory recall display Up to 300 units of memory can be used for storing measured time data. The measured data can be sorted by channel when being stored in memory.

(1) Buttons and operations

Press Button A to show the STOPWATCH display.



"Lap time" is the time that has stage of an activity to that of the next stage. "Split time" is the time that has elapsed from

| | | e start of all activity to any en stage. | | | | | | | |
|---------------|---|---|--|--|--|--|--|--|--|
| ■About memory | | | | | | | | | |
| | | How to measure time | Units of memory used fo storing 1 time data | | | | | | |
| | 1 | Start → Stop → Reset | 3 to 4 units of memory | | | | | | |
| | 2 | Start → Stop/Restart → Stop → Reset | 3 to 4 units of memory | | | | | | |
| | 3 | Start → Lap → Stop → Reset | 4 to 5 units of memory | | | | | | |

4 Start → Stop/Restart → Lap → Stop → Reset 4 to 5 units of memory

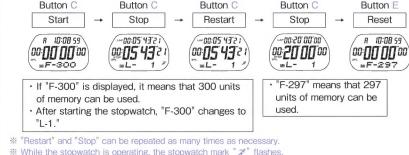
5 to 6 units of memory

• The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in **Due to the function displaying the best lap time and average lap time, it takes at least three units of • Up to 300 units of memory can be used to store measured time data. emory to store 1 time data. If you store data only in one channel, you can use 300 units of memory er channel. If you use more than one channel, the units of memory you can use will be less than • The best lap time and average lap time can be displayed (if only 300 units of memory in total. For example, if the measured time data are stored in one channel, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory . The date when the measurement is started is memorized in each channel. can be used in total. **When the lap time/split time is measured, if the "FULL" and the lap number alternately flash, the lap/

adjusted (flashing).

split time cannot be stored because all units of memory have been used. *If "F-0" mark appears in the lower row when using the stopwatch, lap time/split time cannot be stored. In such a case, delete data stored in channels in the MEMORY RECALL mode.

(2) Standard measurement Button C Button (



(3) Lap time/split time measurement (if lap time measurement is repeated 10 times)

Start Lap/Split Lap/Split Stop Reset @**3 | 40**"95 • If "F-300" is displayed, it means that 300 units of • "F-288" means that 288 memory can be used. units of memory can be

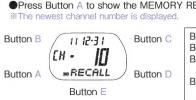
After starting the stopwatch, "F-300" changes to "L-1." used. After a measurement, lap number flashes, and lap and split times are displayed for approximately 10 seconds. And then the display automatically returns to show the on-going measurement and the current lap number. Measurement of lap and split times can be repeated as many times as necessary. The lap number

can be displayed until "999," and continues to 1,001("001" is displayed) 1002 ("002" is displayed)

HOW TO USE THE MEMORY RECALL FUNCTION

· The stored data can be recalled per channel. one time data is stored, the best lap time is displayed.)

) Buttons and operations Press Button A to show the MEMORY RECALL display.

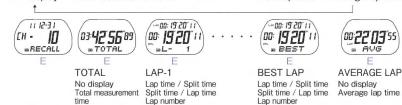


Button A: Change to MEMORY RECALL display Button A (long press): Data deletion Button B: Selection of channel (moving back channel number) Button (: Selection of channel (advancing channel number) Button D: Turning on the built-in illuminating light Button F : Data recall

*If no measurement data is stored, "----" is displayed. ----**⇒**RECALL (2) How to use the memory recall function Example: If you want to see data in channel 5 (ch-5) ①Press Button A to show the MEMORY RECALL display

②Press Button C (advancing) or B (moving back) to show the desired channel number (ch. 5) ③Press Button E to check the lap time. Each stored data can be checked in the following order.

CH display → Total measurement time → LAP-1→··→ Best lap time → Average lap time



*When the best lap time is displayed, "BEST" and "L-xx" are alternately displayed.

(4)To check data in other channels, press Button B or Button C to select the desired channel number and check the data in the same way as procedure 3.

HOW TO USE THE TIMER

Button E

(2) How to set the timer

efore deleting the data. How to delete a channel 1) Press Button A to show the MEMORY

Contrast level

adjustment

RECALL display. ②Press Button B or Button C to select the channel you want to delete. 3Press Button A for

(3) How to delete the stored data

approximately 2 seconds. "CLR?" will A CLR? be displayed. 4 Keep Button A pressed for approximately 2

seconds. When "ALL CLR?" is displayed, release Button A. 5 After the number of remaining units is

displayed, the watch automatically returns to the MEMORY RECALL display How to delete all channels

①Press Button A to show the MEMORY RECALL display. ②Press Button A for approximately 2 ③With each pressing of Button C, one digit is increased.

seconds to show "CLR?" 3Keep Button A pressed for CLR?" And then keep Button A pressed for approximately another 2 seconds.

(4) After the number of remaining units is displayed, the watch automatically returns to the MEMORY RECALL display. *Data cannot be deleted while the stopwate

is measuring, or when it is stopped.

Solutions

To cancel the

Power Save

expose the

watch to light

or press any

function.

(TIMER 1:3 minutes) (TIMER 2:1 minute) (THE NUMBER OF TIMES

(With each pressing of Button B, one digit is decreased.)

lestarting and stopping the timer can be repeated as many times as n **A time-up warning beep sounds 3 seconds before the set time is up. When the set time ** 12 5° is up, the time-up beep sounds for approximately 5 seconds.

1) Press Button A to show the TIMER display ②Long press Button A to show the TIMER SETTING display. The hour digits for Timer 1 start flashing. Press Button $\[mu]$ to select the item or digits to be adjusted (flashing).

→ TIMER 2 → THE NUMBER OF TIMES TIMER 1 Hour → Minute → Second Hour → Minute → Second TO BE REPEATED

TO BE REPEATED: 5 time ⑤To start or stop the timer, press Button C. To reset the timer, press Button E.

*While the timer is counting, the timer mark "O" flashes. * While the timer is counting or when it is stopped, it is not possible to enter the TIMER SETTING display.

*With each pressing of Button C in the ALARM display, "on"

(the alarm is engaged) or "--" (the alarm is disengaged) mark is displayed alternately. (4) How to stop the alarm while sounding

while sounding, press any button

· At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually

(Alarm disengaged) 1 12:00 59° Alarm mark disappears.

HOW TO USE THE WORLD TIME

different time zones throughout the world can be displayed. The summer time (DST) can also be set for each city (except GMT).

(1) Buttons and operations ●Press Button A to show the WORLD TIME display. Button 12 12- 5

5:08 59 **™ WORLD** Button Button A: Change to WORLD TIME display Button B: Selection of the city (moving Button C: Selection of the city (advancing)

Button D: Turning on the built-in illuminating light Button E: Setting / canceling the DST (2) How to use the world time

①Press Button A to show the WORLD TIME display. ②To select the city, press Button B or Button C (3) How to set the summer time

With each pressing of the Button E in the WORLD TIME display, the summer time can be alternately set or cancelled. When the summer time is set, the DST appears. (The summer time is set.)

SPECIFICATIONS

If summer time is set to the city which has also been set as "HOME" in the TIME/ CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR WORLD TIME display, the summer time will

also be shown in the WORLD. also be shown in the WORLD TIME display.

1. Frequency of crystal oscillator...32,768 Hz

5. Battery...Secondary battery, 1 piece

7. Built-in illuminating light···Electroluminescent panel

■ Built-in illuminating light (EL:Electroluminescent Light)

in the temperature range between 5°C and 35°C)

3. Operational temperature range. Between 5°C and +50°C (for the display function:

6. Duration of operation ··· Approximately six months (When the watch is not exposed to light after being fully

8. IC (Integrated Circuit)···Oscillator, frequency divider and driving circuits (C-MOS-LSI), 2 pieces

The electroluminescent panel used for the built-in illuminating light loses its luminance (brightness)

*After 120 hours of use, the luminance level decreases by about half. When the illuminating light becomes dim, sufficiently

charge the watch. If the illuminating light remains dim after sufficiently recharging the watch, have the electroluminescent

The normal life expectancy for the liquid crystal panel of this watch is approximately 7 years. After that,

it may decrease in contrast, becoming difficult to read. Please contact the retailer from whom the watch

was purchased to have the liquid crystal panel replaced with a new one. It will be replaced at your cost.

el replaced with a new one by the retailer from whom the watch was purchased. It will be replaced at your cost.

as the battery voltage gets lowered. Also, its luminance level decreases gradually with use

4. Display medium···Nematic Liquid Crystal, FEM (Field Effect Mode)

between 0°C and +50°C)

charged, and the stopwatch is used for one hour, the built-in illuminating light is

to change without prior notice, for product improvemer

turned on once for 2 seconds, or the alarm sounds once for 20 seconds per day

HOW TO CHARGE The time of 44 cities (including GMT) in (4) Comparison table between city and time difference

(GMT indicates the Greenwich mean time. + indicates advancement To charge the battery, expose the solar panel to light. Solar panel Remaining battery level display

> To enjoy optimal performance of the watch, it is recommended that the watch be kept sufficiently charged at all times. Under the following conditions, it is very likely that the battery will run down due to insufficient battery charge. · When the watch is concealed under long sleeve shirts

 If the watch is used or stored continually under conditions where it cannot receive sufficient light When recharging the battery, ensure that the watch temperature is kept under 50°C. (The operational temperature range of the watch is between -5°C and +50°C.)

Refore using the watch for the first time or when the watch has completely stopped due to battery depletion, charge the watch sufficiently, referring to the table below as a guide.

1) Time required to charge the battery

After the built-in IC is reset, the display returns to the time display in the

HOME TIME mode. The time and calendar of the watch start moving

+12:00

RESETTING THE IC

becomes blank.

2)The built-in IC is reset.

from12:00:00 AM, Sunday, January 1, 2012.

Before using the watch, set it to the correct time.

| arge the battery, referring to the table below as a guide. | | | | | | | | | | |
|--|---------|------------|---------|-------------------------|------------------------|------------------------------|--|--|--|--|
| D display | | CHARGE | CHARGE | II) | <u> </u> | To run the watch for one day | | | | |
| tdoor on a nny day 0000 LUX | Appro | ximately 1 | hour | Approximately 7 hours | Approximately 4 hours | Approximately 3 minutes | | | | |
| the window a sunny day 000 LUX | Approx | kimately 9 | hours | Approximately 72 hours | Approximately 37 hours | Approximately 28 minutes | | | | |
| the window a cloudy day 00 LUX | Approx | imately 18 | hours | Approximately 144 hours | Approximately 74 hours | Approximately 56 minutes | | | | |
| oor under orescent light | Approxi | mately 178 | 3 hours | | | Approximately 9.4 hours | | | | |
| | | | | | | | | | | |

After being fully charged, the watch will keep running for approximately 6 months when it is 3) Power Save function (Power Save and Sleep) used under the following conditions, even if it is left uncharged

Restricted operations

or functions

restriction

Solutions

Use the watch as it is

In the displays 4 and 5, measured time stored

in memory will be deleted, or will not be

■Notes on charging the watch

damage to its internal parts.

Built-in illuminating light turned on ... ··· Once for 2 seconds per day ···For 20 seconds per day Power Save function activated ·· ... For 6 hours per day ··· For 1 hour per day

requent use of the built-in illuminating light will quickly consume the bat Before using the watch for the first time or when the watch has completely stopped due to

Solar panel

In a case that the watch moves abnormally, follow the instructions below to The battery used in this watch is a special secondary battery, which is totally

①Keep buttons A, B, C and D pressed at the same time until the display as dry-cell batteries or button cells, this secondary battery can be used over and over

A CAUTION -

pattery depletion, charge the watch sufficiently, referring to the table on the left. Display and remaining battery level ■How to check the remaining battery level The watch displays the approximate remaining battery level.

POWER SOURCE

decreases, have the watch repaired.

bursting or ignition

Keep the watch Medium sufficiently charged. restriction → How to charge the battery MON 12 12- 6 illuminating light indicator ① appears on the display. 10:119 59 Solution | S Alarm sound and time watch as it is. TO MON → How to charge the battery CHARGE: Charging the

battery level

MON

The on-going measurement of the stopwatch or timer will be reset Sufficiently charge the watch until the indicator appears on the display. →How to reset the Built-in IC Sufficiently charge the watch until the indicator appears on the display. → How to reset the Built-in IC

different from ordinary silver oxide batteries. Unlike other disposable batteries such

However, for various reasons such as long-term use or usage conditions, the

capacity or recharging efficiency of the secondary battery may gradually deteriorate

and recharging cycles may be shortened. If the efficiency of the secondary battery

Replacement of the secondary battery requires professional knowledge and skill.

Installation of an ordinary silver oxide battery can generate heat that can cause

Please ask the retailer from whom the watch was purchased for repair.

again by repeating the cycles of discharging and recharging.

Do not remove the secondary battery yourself.

When the watch is left without being exposed to light and its buttons are not operated for a certain length of time, the Power Save function is automatically activated to suppress its energy consumption.

*Display and functions in the POWER SAVE mode Condition Restricted operations or functions [PS] indicator flashes. The watch has not been exposed to light

No restriction and its buttons have not been operated for a Display and functions in the SLEEP mode [SL] indicator flashes. ··· Stopped. The watch has not Stopwatch been exposed to light on operation ··· Resett and its buttons have not been operated for Timer on

3 days or longer. *How to set the Power Save function The OFF or set time of the Power Save function can be set in the TIME/CALENDAR setting display.

The Power Save time can be selected between 30 minutes, 1 hour, 2 hours, and 4 hours. Refer to the To use the stopwatch or timer in a dark place, it is recommended that you turn the Power Save

function OFF or select Power Save time longer than the time you use the stopwatch or timer. For normal use, turn the Power Save function ON. ₩When the watch is sufficiently charged (IIIII), neither the Power Save nor Sleep function is activated. When the stopwatch is operating, the Power Save function is not activated.

operation ······· Reset

■AFTER-SALE SERVICE

of guarantee to receive repair services.

guarantee. Read carefully and retain it.

services upon request and payment.

Contact the retailer from whom the watch was purchased or

SEIKO CUSTOMER SERVICE CENTER for repair or overhaul

Within the guarantee period, present the certificate

has expired, if the functions of the watch can be

REMARKS ON REPLACEMENT PART

outward appearance may differ from the originals.

restored by repair work, we will undertake repair

Guarantee coverage is provided in the certificate of

repair services after the guarantee period

Notes on guarantee and repair

OPlaces where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing OPlaces where the temperature drops below 5°C or rises above 35°C for a long time

OPlaces affected by strong magnetism or static electricity

Do not press buttons when the watch is wet.

ODo not disassemble or tamper with the watch.

For watches with batteries, do not leave a dead battery compartment for a long time as it may cause battery leakage. If you observe any allergic symptoms or skin irritation Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

· Do not pour running water directly from faucet. The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

Water may get inside of the watch. If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTMER SERVICE CENTER.

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch. Other cautions

I ength adjustment service for metallic bands is available at the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

OKeep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any

When disposing of used batteries, follow the instructions of your local authorities. Olf your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your

of replacement parts for this watch for 7 years. The watch requires good daily care Replacement parts are those which are essential

Wipe away moisture, sweat or dirt with a soft cloth.

· After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

Water resistance Refer the table below for the description of each degree of water resistant performance of your watch before using

Avoid drops of water or sweat. Water resistance for The watch withstands accidental AWARNING vivider resistance for everyday life at 5 barometric pressures The watch is suitable for sports such as swimming.

Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on

the sleeve edge. The watch requires a lot of attention for long usage. Metallic band · Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.

· Lack of care may cause skin irritation, or a yellowish or gold stain on the lower sleeve edge of shirts. Wipe off moisture, sweat or soil with a soft cloth as soon as possible To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.

(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.) Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.

· If a pin is poking out, personal injury may result. In such a case, refrain from using the watch

· A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.

 Do not expose the watch to direct sunlight for a long time. Please take care when wearing a watch with light-colored band, as dirt is likely to show up. Refrain from wearing a leather band watch other than Aqua Free bands while bathing,

solvent or atmospheric humidity. color smears or discoloration.

Wash out dirt in water and clean it off with a dry cloth. (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.) When the band becomes less flexible or cracked, replace the band with a new one.

Notes on skin irritation and allergy Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on the length of the band Adjust the band to allow a little clearance with your wrist to ensure proper airflow.

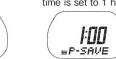
Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended

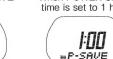
a long time. According to use conditions, the digital display may go out due to liquid leakage. As the parts such as gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture. Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones. · When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the

movement of your watch may be replaced.

When POWER SAVE When POWER SAVE is OFF







time is set to 1 hou

m THU

Button A: Change to ALARM display

Button A (long press) : Change to ALARM

Button B: Alarm time setting (decreasing digits)

Engagement/disengagement of the alarm

Button C: Alarm time setting (increasing digits)

Button D: Turning on the built-in illuminating ligh

Button E: Change between the alarm 1, 2, and 3

--- Hourly time signal

(Hour : 6 a.m.) B 30 -

Minute: 30 minutes

TIME SETTING display

When Alarm is ON -

Valer resistance for everyday life the watch is suitable for diving not using an air cylinder.

and request repair

· Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.

Polyurethane band · A polyurethane band is susceptible to discoloration from light, and may be deteriorated by Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in

Notes on the length of the band

Notes on overhaul

approximately once every 3 to 4 years in order to maintain optimal performance of the watch for

When charging the watch, do not place the watch in close proximity to an

intense light source such as lighting equipment for photography, spotlights

or incandescent lights, as the watch may be excessively heated resulting in

When charging the watch by exposure to direct sunlight, avoid places that

easily reach high temperatures, such as a car dashboard.

· Always keep the watch temperature under 50°C.

to maintaining the functional integrity of the watch. Please keep in mind that if original parts are not available, they may be replaced with substitutes whose

■TO PRESERVE THE QUALITY OF YOUR WATCH

Button E

*To stop the time-up warning beep and time-up beep while sounding, press either Button A, B, C, D, or E

ansult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

Immediately stop wearing the watch in following cases. If the watch body or band becomes edged by corrosion etc. Olf the pins protrude from the band.

Care should be taken to prevent a baby or a child accidentally swallowing the battery or accessories. If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the · Do not remove the battery from the watch.

Keep the watch and accessories out of the reach of babies and children.

Replacement of the battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the battery. Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, o damage to the battery. Do not use the watch in scuba diving or saturation diving.

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

Handling cautions

Avoid wearing or storing the watch in the following places.

Places affected by strong vibrations

 $\boldsymbol{\cdot}$ Do not leave moisture, sweat and dirt on the watch for a long time. Do not wear the watch while taking a bath or a sauna.

Replacement of the metal band requires professional knowledge and skill. Please ask a watch retailer for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts.

injury or allergic rash or itching that may be caused when they touch the watch. clothes, or injure the hand, neck, or other parts of your body.

*If your watch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch

• The timer can be set from 10 seconds up to 9 hours, 59 minutes and 59 seconds in one-second increments. • The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours. Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating Each alarm channel can be engaged ("on") or disengaged ("--") independently.

disengaged.

same time.

function is also included so that the timer 1 restarts after the timer 2 counted up. To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "0:00' 00." The number of times the timers repeat the countdown can be set from 1 to 100 times.

Contrast level : 0

■ CONT

(1) Buttons and operations Press Button A to show the TIMER display.



Button D: Turning on built-in illuminating light Button E : Selection of the item or digits to be adjusted Reset the timer Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5.



release the ALARM SETTING display and to return to "ALARM 1" display. If the watch is left untouched with the digits flashing, the display will automatically return to "ALARM 1" display in two to three minutes. (3) How to engage or disengage the alarm

· If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or

swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

When wearing the watch, leave enough room to insert a finger between the band

